

RAINIER COMMUNITY CENTER WINTER 2004 PROGRAM BROCHURE

**Winter Class
Registration Begins
December 13, 2003**

**Winter Classes Begin
January 12, 2004,
unless otherwise noted**

UPCOMING SPECIAL EVENTS

**Martin Luther King, Jr.
Birthday March/Performance
Neighborhood Appreciation
Day
Spring Egg Hunts**

**4600 38th Avenue South
Seattle, WA 98118
(206) 386-1919**



Rainier Community Center

4600 38th Ave South
Seattle, WA 98118

(206) 386-1919 phone
(206) 386-1904 fax
TDD only
(206) 233-7061

HOURS OF OPERATION

January 1 through
March 31, 2004

Monday & Friday
1:00 pm - 9:00 pm

Tuesday - Thursday
11:00 am - 9:00 pm

Saturday
9:00 am - 5:00 pm

Sunday
Noon - 5:00 pm

LATE NIGHT HOURS

Fridays & Saturdays
8:00 pm - 12:00 am

HOLIDAY CLOSURES

New Year's Day
Thursday, January 1

Martin Luther King Jr. Day
Monday, January 19

President's Day
Monday, February 16



FEES AND CHARGES

The programs and activities listed in this brochure are sponsored by the Rainier Advisory Council under an agreement with the Seattle Department of Parks and Recreation. For each participant registered in a class, 1.2% of the fee goes to the City of Seattle. Also included in the fees is a .5% utility fee to help offset the higher utility costs. Class and program fees listed in this brochure include sales tax where applicable in accordance with the current provisions of the State Tax Code.

PAYMENTS

We accept checks, money orders, credit cards, and EXACT CASH ONLY. Please make check or money order payable to **Rainier Advisory Council**. A \$20 fee will be charged for all returned checks. We accept Visa, MasterCard, American Express and most debit cards.

REFUND POLICY

A full refund is given to participants who register for a program that is cancelled by the Department for any reason. If a participant drops a class or program for which he or she is registered prior to the second meeting of a session, \$5.00 or 10 % of the fee, whichever is greater, will be retained. This service charge is to offset the Advisory Council's cost in handling the refund. *If a participant drops a class or program after the second meeting of a session, no refund will be given.*

METRO BUS ROUTES

Routes 7, 39, 48 - Stop at Rainier Ave S & S. Alaska St.
(One block west of the community center.)

DIRECTIONS

Rainier Community Center is located in Columbia City just east of Rainier Avenue South off of South Alaska St next to the Rainier Playfield.

North or South on Interstate 5

Take the Columbian St. Exit off I-5 and head east until you get to 38th Avenue South. We are on the corner of 38th Ave S and S. Alaska St.



Special Activities



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Holiday Party

Come and join us for refreshments and fun. Santa will have a gift for low income children, 0-12 years of age.

Location: Rainier CC - Gym #1

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Fri	Dec 19	6:00-8:00 pm	Free

Neighborhood Appreciation Day

Join us for the 10th annual Neighborhood Appreciation Day. We will offer refreshments for everyone that stops by the community center and maybe a few other surprises.

Location: Rainier CC - Lobby

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Sat	Feb 7	10 am-4 pm	Free

Spring Egg Hunt

Bring your bag or basket to collect all the goodies you can find in the park, rain or shine. Ages 1-10.

Location: Rainier CC Park & Playfield

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Sat	Apr 10	10 am	Free

Flashlight Teen Egg Hunt

Bring your best flashlight and a bag to hold all your treasures in this fun variation of the spring egg hunt. Teens and pre-teens will hunt for hidden treasures in the dark.

Ages 11-17.

Location: Rainier CC Park & Playfield

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Fri	Apr 9	9 pm	Free



Recreational Bocce Ball Day

Join us for a day of fun for the entire family! The Senior Adult Programs is hosting a recreational bocce ball day of fun for all ages. Never played before? This is your opportunity to come and learn this easy to play game of skill and strategy. This is also a new sport for the Greater Seattle Senior games. "Experts" will be available to assist you in Bocce Ball Skills Development. Join us for lunch (only \$6).

Location: Rainier CC - Gym # 1 (Registration begins Feb 2 at 8 am by calling 684-4951)

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Sun	Feb 15	10:00 am-4:00 pm	Free
	Lunch	12:00-1:00 pm	\$6

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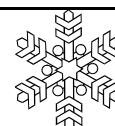
Martin Luther King, Jr. Birthday March &

Performance for Peace

**Thursday, January 15, 2004
at 4:30 pm**

Join us in celebration of Martin Luther King, Jr.'s birthday beginning with a march from Martin Luther King Jr. Memorial Park to Langston Hughes Performing Arts Center. Next enjoy a performance by local teens followed by an open forum discussion.

Teens that need a ride to MLK Park can meet at Rainier CC by 4:00 pm.



Toddler Programs

PROGRAM IDEAS

Rainier Community Center is looking to add more toddler activities and classes. We would love to hear your ideas, so that we may be able to have more activities to enhance the development of your toddler.

Indoor Playground

For those rainy winter days in Seattle, we offer an indoor playtime for children ages 6 months – 5 years of age. Come and meet your neighbors who also have toddlers and infants. This activity is parent supervised.

Please use East entrance.

Location: Rainier CC - Gym #2

Day	Date(classes)	Time	Fee
Mon/Wed/Fri	ongoing	10:00 am-12:00 pm	\$2/child

Punch cards must be purchased during regular community center operating hours. Punch cards are available for \$10, \$20, or \$35.



Toddler Arts Class

Let your kids discover the world through our toddler art class.

Kids will get messy while they play with paints, glitter, glue and other art projects. Bring extra clothes for your child to change into after class. Two sessions to choose from. No class on mar 19. **Class min: 5**

Location: Rainier CC - Activity Rm 1 (Kids Zone Rm)

Instructor: Maya Williams

Day	Date(classes)	Time	Fee
Fri	Jan 16 - Feb 13 or		
Fri	Feb 27 - Apr 2		
		2:15-3:15 pm	\$35.00



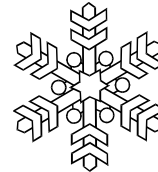
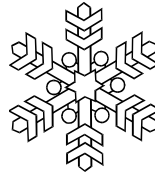
Toddler Cooking Class

Let your toddlers explore the wonder of food in our cooking class. Kids will learn and play with different types of food. Since we may get a little messy, you may want to bring extra clothes for your child to change into after class. Two sessions to choose from.

Location: Rainier CC - Kitchen Class min: 6

Instructor: Maya Williams

Day	Date(classes)	Time	Fee
Fri	Jan 16 - Feb 13	1:00-2:00 pm	\$40.00
Fri	Feb 27 - Mar 26	1:00-2:00 pm	\$40.00



Youth Programs

Victory Olympic Tae Kwon Do

Your child will learn discipline and gain self-confidence through this martial arts class. Children ages 5 and older are welcome. *No class Wed Feb 4.*

Location: Rainier CC - Multi-purpose Rm #1

Instructor: Maxwell La Roy

Day	Date(classes)	Time	Fee
Mon/Wed	Jan 7– Mar 24	5:30-7:00 pm	Free
Sat	Jan 10– Mar 27	10:00 am-Noon	Free

Little Hoops

This class will introduce your child to the drill and skill court movement and teamwork of basketball. We will provide your child with a solid foundation. Watch their confidence soar in this fun, supportive class. Ages 4-7. Space is limited, so register early! *No class Feb 19. Class min: 8*

Location: Rainier CC - Gym #2

Instructor: George Williams

Day	Date(classes)	Time	Fee
Thu	Jan 15 - Mar 18	4:30-5:30 pm	\$35.00



School Age Programs ← 5

Before School Program

Our before school program is designed to accommodate early work schedules while preparing children for the busy day ahead. Transportation will be provided on a limited basis. No program on Jan 19, Jan 26, Feb 16-20, or Mar 19. Space is limited!

Instructors: Maya William & Crystal Brown

Location: Rainier CC - Activity Rm 1

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon-Fri	Jan 5-30	6:30-9:00 am	\$175.00
Mon-Fri	Feb 2-13, 23-27	6:30-9:00 am	\$175.00
Mon-Fri	Mar 1-31	6:30-9:00 am	\$175.00

Kids Zone After School Program

Our after school program provides a nutritious snack, homework help, athletic activities, arts and crafts, reading, and many other activities to keep your child busy while you are at work. No program on Jan 19, Jan 26, Feb 16-20, or Mar 19. Space is limited!

Instructors: Maya William & Crystal Brown

Location: Rainier CC - Activity Rm 1

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon-Fri	Jan 5-30	3:00 - 7:00 pm	\$230.00
Mon-Fri	Feb 2-13, 23-27	3:00 - 7:00 pm	\$230.00
Mon-Fri	Mar 1-31	3:00 - 7:00 pm	\$230.00

Mid-Winter Break Camp

Your children will have fun doing arts & crafts projects, swimming, sports activities, reading, field trips and many other activities during their break from school. Bring a lunch each day. Space is limited!

Instructors: Maya Williams & Crystal Brown

Location: Rainier CC - Activity Rm 1

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Tue-Fri	Feb 17-20	7:00 am-6:00 pm	\$76.00

Spring Break Camp

This week children will enjoy Youth Appreciation Week activities at various sites throughout the city. There will also be swimming, arts & crafts, sports, cooking, computers and more. Bring a lunch each day. Space is limited! Register early.

Instructors: Maya Williams & Crystal Brown

Location: Rainier CC - Activity Rm 1

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon-Fri	Apr 5-9	7:00 am - 6:00 pm	\$95.00

"One Day" Day Camps

During their one day break, children can have fun cooking, swimming, computers, doing arts & crafts, sports activities and visiting with friends. Bring a lunch

Instructors: Maya Williams & Crystal Brown

Location: Rainier CC - Activity Rm 1

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon, Fri	Jan 26, Mar 19	7:00 am-6:00 pm	\$27.00 ea

Scholarships

All of our school-age programs are licensed child care through DSHS. We are able to accept child care subsidies through DSHS. If you do not qualify, there are a limited number of scholarships available through the Seattle Parks and Recreation Department. Please see school age program staff for more information.

Summer Day Camp

Registration begins March 30.

Ages 5-10 (child must have completed kindergarten)

Fee: \$135.00/week, 1st child, discount for 2nd+ children

Mon - Fri, 7:00 am-6:00 pm

No camp - Mon Jul 5

Limited scholarships available.

See center staff for more info.



Girls Softball

Enjoy the spring weather in Seattle as you learn a sport that you can play for a lifetime. Learn fundamental skills of hitting, throwing, and catching as well as strategy in playing defense. Girls ages 10-17. Registration begins Tuesday, February 24.

Instructor: TBA

Practices: Rainier Playfield

Games: Lower Woodlawn



<u>Day</u>	<u>Date(classes)</u>
TBA	Apr-Jun
<u>Time</u>	<u>Fee</u>
TBA	\$30.00

Track & Field

Track and field is open to boys and girls ages 5-17. All participants must register at the community center prior to participating in the track program. Registration includes a copy of your child's birth certificate, Youth Sports Registration form, Athletes for a Better World agreement, and payment of the fee. Registration begins Tuesday, February 24.

Head Coach: Amos Walters

Practice Location: Rainier Beach School Track

Track Meet Location: West Seattle Stadium

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
Mon/Wed	Mar-Jun	TBA	\$30.00



Project Compute

Basic Office Skills

Ages 10 and up

Have fun learning basic skills using Word and Excel. You will create and save documents in each application. Be the proud owner of finished documents that can be used for work or school. You'll also learn how to create and use web based e-mail accounts effectively. We would love to see you!!

Instructor: Delma Miller

Saturdays: January 17, 24, 31, February 7, 14, 21, 28, March 6, 2004

1:00 - 2:30pm

Intro to PC for the Young Genius

Ages 4 -6

Get your child started early! Well known kids programs will be used to help teach keyboarding and mousing skills. Your child will have lots of fun while they learn.

Instructor: Ritzie Robles

Saturdays: January 17, 24, 31, February 7, 14, 21, 28, March 6, 2004

11:00 - Noon

Computer Programming with TOON TALK

Ages 10 -18

Do you like to play videogames? In this class we will learn how to make your own software using "ToonTalk", a videogame-like programming language for students. You will soon be designing your own games, creating interactive art, solving homework problems, and much more."

Instructor: Greg Shaw

Wednesdays: January 14, 21, 28, February 4, 11, 18, 25, March 3, 2004

6:00 - 8:00pm

The instructor will determine additional dates.

Introduction to PowerPoint

Ages 14 and up

Learn the basics of PowerPoint. You will learn to create a slide presentation that will rival the experts! You'll learn how design, color, graphics, and font size work together to make your presentation awesome. At the end of these sessions your presentation will be in the running to win a prize. Why don't you join us and show what you can do!

Instructor: Belinda Green

Saturdays: January 17, 24, 31, February 7, 14, 21, 28, March 6, 2004

1:00 - 2:30pm

We also offer Senior Adult (Age 55+) Classes on Mondays and Fridays. For more information, please leave a message at 206-760-9104 or call Rainier CC front desk at 206-386-1919.

Teen Programs



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TEEN PROGRAM

The Rainier Teen Program is dedicated to educating and motivating teens to develop leadership and life skills through intergraded developmental assets. The activities will focus on Life skills & Job Readiness, Environmental Stewardship & Education, Arts & Culture, Leadership Development, Health & Fitness, and Social Recreation. Please contact Nanette Fuerte, Teen Development Leader at 206-386-1919 for more information regarding the teen program or for a monthly calendar of events. Contact George Yasutake for the pre-teen program.



Teen Council

The goal of the Teen Council is to involve youth in planning teen programs and activities for the community. ***The Teen Council will meet on the last Wednesday of every month from 7pm-8:30pm.*** There will be leadership trainings, citywide meetings and fundraising events to help the teens build life and leadership skills for their future.

Service Learning/Community Service

By mandate of the Seattle Public School District, 60 service-learning hours are required of all Seattle Public high school students to graduate. Students can accumulate these hours through the course of the 4 years in high school. Some schools require community service, while others require service-learning. In either case, participating in a service learning project can fulfill either, but community service is limited just to community service. Please consult your counselor or teacher at your school for the requirements needed. If you are interested in service-learning or community service projects or you have any questions, please contact :

Ron Mirabueno, Service-Learning Coordinator at (206) 233-3979

Nanette Fuerte, Teen Developments Leader @ Rainier (206) 386-1919

Health & Fitness

In partnership with the Austin Foundation, the Rainier Teen Program and Late Night provide Health & Fitness workshops/trainings with trained staff from the Austin Foundation. The focus will be on basic conditioning, weight training and endurance. Come prepared with workout clothes, towel and water bottle. Healthy snack will be provided. Friday nights

from 8:30 pm-10 pm. Contact Nanette or Mo @386-1919 with any questions.



Common Cents Youth Leadership Program

The Common Cents Youth Leadership Programs main focus is to involve, engage and inspire young people in addressing homelessness and poverty through hands-on action and purposeful philanthropy. The program is comprised of the following components: *Education and awareness* including trainings and workshops on homelessness as well as community center based forums and panels on urgent, poverty-related issues; *Volunteer Action and Community Service*, including monthly, organized volunteer service projects and *Philanthropic Leadership* including the Common Cents fund-drive and the Common Cents Youth Board which involves youth in grant making. This year, the program and Rainier Community Center will be serving meals to homeless and low income people at the Boomtown Café, coordinating a sock and blanket drive for homeless youth at the Orion Center and participating in other frontline volunteer opportunities.

The Common Cents Youth Leadership Board meets the 3rd Thursday of every month. Contact Nanette to get involved or to attend the next meeting.

WEEKLY ACTIVITIES/PROGRAMS

Monday– Tutoring,
Computer Lab 3 pm-7 pm

Tuesday–Environmental Project
Arts & Culture Activity
Community Service Project
2nd & 4th Tuesday–Teen Leadership Board 5 pm-7 pm

Wednesday– Prudential Youth Leadership at South Park C.C. 4 pm-6:30 pm
4th Wednesday–Teen Council 7 pm-8:30 pm

Thursday– Cooking classes 4 pm-6 pm
2nd Thursday – TACO THURSDAY
3rd Thursday –Common Cents Leadership Board

Friday–Teen Field Trip 4 pm-8 pm
Health & Fitness workshop 8:30 pm-10 pm
Late Night Program 8 pm-12 am

Saturday– Teen Activities (to be announced)
Late Night Program 8 pm-12 am

****all activities/programs are subject to change or cancellation due to weather, participation, or schedule conflicts.***

*****Teens are required to have a participant authorization form filled out and signed by a parent/guardian on file.***



Late Night Program



Late Night Professional Staff:

Late Night Specialist:

Moshe Hecht

Recreation Leaders:

Glenn Hubbard

William "Hop" Hopson

Jerry Lyons

Shauntell Marks

Will Petty

If you have any questions or concerns about the Late Night program, please send an email to: moshe.hecht@seattle.gov or call 386-1919.

Late Night Recreation Program

Time: Fridays and Saturdays 8:00 pm-12:00 am
13 and under until 11:00 pm

Activities may include:

Ping Pong
Computer Lab
Teen council
Volley ball
Volley Ball
Videos

Art classes
BBQ's
Field trips
Basketball
Pickle Ball
Weight Lifting

PSII
Pool
DJ Classes
Cooking classes
Board Games
Leadership Training

Skills and Drills B-Ball Practice:

Saturdays before Late Night

Hone your skills, learn new moves, get your shot down. This is a great place to improve and learn from an experienced ball player.

Late Night Basketball League

This league is open to both boys and girls between the ages of 13 – 15 and ages of 16 -19. Games will begin in February.

Open Computer Lab:

All ages

Learn to surf the web, check your e-mail or get a new account, play games, or develop a resume, Have Fun!!!

Café Yatma and ExpressYo Self MuZic and Dance

Use computers, keyboards, turntables, samplers and more. With the computers participants will work with Acid music. Participants will be able to burn their music on CD's and even record themselves singing and or rapping along. Spin iT; mix CDs, LPs and even MP3s.

Adult Programs



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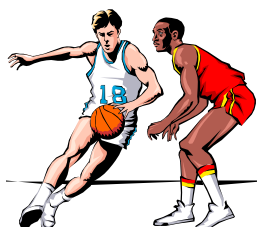
Adult Basketball

Bring a group of friends and play a few games of basketball to stay in shape, hone your skills, and socialize with your buddies. This program is co-ed. Choose from Mon/Wed or Tue/Thu. Space is limited. Call the community center for availability. No program on Jan 19 or Feb 16. **Class minimum: 10/gym.**

Gym Supervisors: Glenn Hubbard, Zoom Piksa, William Hopson

Location: Rainier CC - Gyms #1 & #2

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon/Wed	Jan 5-Mar 17	8:30-10:30 pm	\$50.00/person
Tue/Thu	Jan 6-Mar 18	8:30-10:30 pm	\$50.00/person



Tae Kwon Do

You will learn discipline and gain self-confidence, strength and agility through this martial arts class.

Fee includes Tues/Fri/Sat.

Instructor: Maxwell La Roy

Location: Multi-purpose Rm #1

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Tue/Fri	Jan 6-Mar 18	5:30-7:00 pm	\$65.00
Sat	Jan 10- Mar 27	10:00 am-Noon	

Fitness Room

Start your new year off right and stick to your fitness goals by visiting our fitness room. Equipment includes free weights, a multiple station weight machine, step machine, stationary bicycle and a treadmill. You can pay for one visit or buy a pass for multiple visits. Fitness room is available during regular community center hours.

Drop in fee for one visit is \$2.00 (new lower price!)

10 visit pass for \$12.00

30 visit pass for \$25.00



Open Gym Basketball

Come and practice your game! Gyms are usually open Mon-Fri from 1:00-3:00 pm for adults to come and shoot some hoops. This schedule is subject to change. Please call the community center to confirm availability at (206) 386-1919.

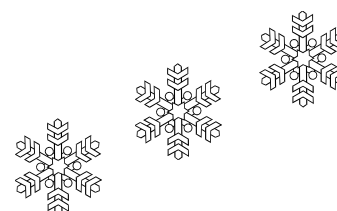
Meditation

Come and learn the practice of Falun Gong (also known as Falun Dafa). A great way to improve your health and state of mind through 5 sets of peaceful, slow moving exercises and meditation. Appropriate for all ages and experience levels.

Instructor: Tan Truong

Location: MP Rm #2

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Fri	Jan 2-Mar 26	6:00-8:00 pm	Free





Senior Program Registration Info

684-7481 - Phone

Angela Smith - Recreation Specialist

Winter Quarter Dates: Jan 1 - Mar 28

No Programs Jan 19 or Feb 26

PLEASE PRE-REGISTER

Many classes require a registration minimum or have a small number of spaces available. Classes will be cancelled one week prior to the starting date if minimum enrollment is not met.

CLASS REGISTRATION AND PAYMENTS

Class registration begins December 20. Call 684-7484 starting at 8:30 a.m. Make checks payable to:

Senior Adult Advisory Council, and mail to:

SENIOR ADULT PROGRAMS,
Attn: Angela Smith, Jefferson CC,
3801 Beacon Ave. S., Seattle, WA 98108

SOUTH DIVISION PROGRAM SITES

Jefferson CC....3801 Beacon Ave S.

Rainier CC.....4600 38th Ave S.

Rainier Beach Complex.....

8825 Rainier Ave S.

Van Asselt CC....2820 S. Myrtle St.

GAMES

OPEN BRIDGE Free

It's in the cards that you'll have a great time. Drop in program for the bridge enthusiast. Location: Rainier Wednesdays 11:00 am-3:30 pm

SPORTS

PICKLEBALL

Free

A terrific game. Fun and exercise in one great package!

Tue & Thu 10:00 am-12:00 pm Rainier Gym #2

SPECIAL EVENTS

REGISTRATION REQUIRED FOR EACH SPECIAL EVENT and WORKSHOP: Call 684-7484

SENIOR GATHERING

Free

Food, fun, and door prizes. Usually held the 4th Wednesday each month. Special time to meet others and receive health information. Dates and times are subject to change due to special events with community partners. Please inquire about location and pick-up sites. **Limited transportation** provided by reservation.

Jan 28, Feb 25, Mar 24 10:30-12:30 pm

SENIOR 'FUN-RAISERS' \$3/\$5 at the door

Money raised will help support more free and reduced price activities. Come join us for an appetizing meal. **Pre-registration appreciated. Spaghetti Lunch**

Mar 12 (Fri) 11:30 am Rainier

RUMMAGE SALE

\$10 Table

Get a jump start on Spring cleaning! Sell those items that have been accumulation over the years and have not been used. Why not make a little money while you're at it. Must register and pay table fee by **March 19th.**

April 3 (Sat) 10:00-3:00pm Rainier

WORKSHOPS/SPEAKERS

PROVIDENCE ELDERPLACE Free

One-stop medical shop for Medicaid recipients. On-site prescriptions, dental, vision, activities, and lunch programs. Come join us for their presentation.

Feb 4 (Wed) 11:00 am Rainier

DOWNSIZE FROM A LIFELONG HOME Free

The authors of "When it's More Than Just Stuff: How to Sort, Disperse, Pack and Move a Lifetime of Belongings" presents a seminar for support/information on downsizing, moving, rummage and garage sales, or just thinning out your belongings.

Mar 9 (Tues) 10:30 am Rainier

Senior Programs



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SENIOR TRIPS

S.S.C.C. DISCOVERIES

\$15.00

Our day at South Seattle Community College includes lunch provided by the Culinary Arts School, a behind the scenes tour of the Pastry Shop, the Cosmetology Department Beauty Center's "Two Buck Tuesdays". Pastry and Beauty Center expenses on your own.

Registration begins December 29, 8 am.

January 13 10:00-3:00 pm

BOEING TOUR

\$4.00

Boeing Tour Center is known as the biggest building in the world by volume. Watch airplane assembly and exhibits. \$5 dollars at the door for tour. Lunch on your own.

Registration begins January 5, 8 am.

January 20 9:00-3:00 pm

CHEAP THRILLS

\$4.50

Bargains, deals, seconds, and surplus. The "world of cheap" is ours! Lunch own your own. **Registration begins January 12, 8 am.**

January 27 9:30-3:00 pm

SEATTLE ARTS MUSEUM

\$??

Discussion on the art and archaeology of the Liao dynasty of China (907-1125). This program will be at the Seattle Asian Art Museum. **Registration begins January 21, 8 am.**

February 6 10:15-1:30 pm

SWEETHEARTS

\$4.50

Prepare for Valentine's Day and be an official sweet-heart! Dilettants Chocolate Co has 2 unique shops. Visit a local florists. Lunch own your own at the Pike Place Market.

Registration begins January 26, 8 am.

February 10 10:30-4:00 pm

SNOQUALMIE FALLS

\$6.50

Scenic drive to Snoqualmie Falls, shopping and lunch own your own at the North Bend mall outlet. **Registration begins February 9, 8 am.**

February 24 9:30- 4:00 pm



HOW TO REGISTER FOR SENIOR TRIPS

Make checks payable to:

Senior Adult Advisory Council

Pay at least **five** working days before trip.

Mail checks to: Senior Programs
Attn: Angela Smith, 3801 Beacon Ave S, Seattle, 98108.

Phone registration only.

Call 684-7484 on the date and time listed under each trip. You can only sign up for yourself and one other person. All trips, times, costs, and destinations are subject to change.

PICK-UP SITES

Jefferson CC 3801 Beacon Ave S
(at the time listed)

Rainier CC 4600-38th Ave S
(10 minutes before time listed)

Rainier Beach CC 8825 Rainier Ave S
(20 minutes before time listed)

Van Asselt CC 2820 S Myrtle
(15 minutes prior to listed time)

TIME OF YOUR LIFE \$17.00

"The Time of Your Life". Stories of forgotten dreams and un-lived lives during the final days of the Great Depression. Juke box music from the 30's punctuated by live honky-tonk piano. No lunch stop. **Registration begins February 18, 8 am.**

March 3 12:45-4:30 pm

NW WOMEN'S SHOW

\$2/Transportation

A big show with lots of food & product samples, health information, make-overs, and more. Admission and lunch own your own. Discount tickets available at Bartells. **Registration begins March 8, 8 am.**

March 19 9:30-2:00 pm



RAINIER BEACH POOL

8825 Rainier Ave. S., Seattle WA. 98118

386-1944; TDD only 233-7061

PROFESSIONAL STAFF: Peter Brodtkin, Aquatic Center Coordinator

Corey Myers, Assistant Aquatic Center Coordinator

Montrel Jackson, Senior Lifeguard—Wendy Van DeSompele, Senior Lifeguard—

Ofelia DeBernal, Pool Operator—Tony Mosby, Cashier

Winter 2004 Lesson Information

Session	Program Dates	Open Registration	# of Classes	Price
I Mon/Wed	Jan 5 to Feb 11	Dec 29 after 11:30	11	\$44.00
I Tues/Thurs	Jan 6 to Feb 12	Dec 29 after 11:30	12	\$48.00
II Mon/Wed	Feb 23 to March 31	Feb 17 after 11:30	12	\$48.00
II Tues/Thurs	Feb 24 to April 1	Feb 17 after 11:30	12	\$48.00
Fri PM	Feb 27 to April 2	Feb 17 after 11:30	6	\$24.00
Sat AM & PM	Jan 10 to Mar 27	Dec 29 after 11:30	12	\$48.00
Sun AM	Jan 11 to Mar 28	Dec 29 after 11:30	12	\$48.00

Exercise Programs

\$3.50 Adults \$2.50 Seniors/Youth/Spec Pop

Stretch & Flex:

Mon/Wed/Fri 11:30am - 12:30pm

Water Aerobics:

Mon/Wed/Fri 12:30pm - 1:30pm

Mon/Wed/Fri 7:00pm - 8:00pm

Tues/Thurs 7:30pm - 8:30pm

Sat 9:00am - 10:00am

Aqua-Jog:

Tues/Thurs 11:45am - 12:30pm

Arthritis Foundation Water Exercise:

Tues/Thurs 3:30pm - 4:30pm

Weight Circuit Training: (Fitness card needed)

Mon/Wed/Fri 10:15am - 11:15am

Hydro-Fit:

Tues/Thurs 7:30pm - 8:15pm

Masters Workout:

Tues/Thurs 6:30pm-7:30pm

Stroke Refinement:

Wed 7:00pm-8:00pm

Weights:

\$2.00 or \$1.50 with swim admission during pool operating hours.

RENT RAINIER BEACH POOL FOR YOUR NEXT PARTY

The pool is available on a first come first serve basis:

Fridays 8:30pm to Midnight

Saturdays 5:00pm to Midnight

Sundays 5:00pm to Midnight

For more information, call 386-1944 during our operating hours. Please allow 2 weeks advanced notice for all rental requests.



RAINIER BEACH POOL FALL 2003 SCHEDULE

JANUARY 5, 2004 TO APRIL 4, 2004

General Admission: \$2.25 Youth, Seniors, Spec. Pops; \$3.25 Adults (over 18)

Fitness Programs: \$3.75 Adults; \$2.50 Seniors & Special Pops

Holiday Closures: Jan 19, Martin Luther King Day

February 16, Presidents Day

(Prices and Schedule subject to change)

Mon & Wed

10:30 - 11:30am	Weight Training	4:00 - 6:00pm	Youth Lesson
11:30 - 1:30pm	Lap & Senior Swim	6:00 - 7:00pm	Public Swim
11:30 - 12:30pm	Stretch & Flex	7:00 - 8:30pm	Lap Swim
12:30 - 1:30pm	Water Aerobics	7:00 - 8:00pm	Water Aerobics
		7:00 - 8:00pm	Stroke Refinement (Weds only-\$3.50)

Tues & Thurs

11:30 - 1:30pm	Lap & Senior Swim	6:30 - 7:30pm	Masters Workout (\$3.50)
11:45 - 12:30pm	Aqua Jogging		
3:30 - 4:30pm	Arthritis Water Ex	7:00 - 7:30pm	Adult Lesson
4:30 - 7:00pm	Youth Lessons	7:30 - 8:30pm	Water Aerobics
6:00 - 6:30pm	Tots Lessons	7:30 - 8:15pm	Hydro-Fit
6:00 - 8:30pm	Lap Swim (3 lanes)		

Friday

10:30 - 11:30am	Weight Training	5:30 - 7:00pm	Public Swim
11:30 - 1:30pm	Lap & Senior Swim	5:30 - 8:00pm	Lap Swim (3 lanes)
11:30 - 12:30pm	Stretch & Flex	7:00 - 8:00pm	Water Aerobics
12:30 - 1:30pm	Water Aerobics		

Saturday

9:00 - 10:00am	Lap & Senior Swim	12:00 - 1:30pm	Lap Swim
9:00 - 10:00am	Water Aerobics	12:30 - 1:00pm	Adult Lessons
10:00 - 12:00pm	Youth Lessons	1:30 - 3:30pm	Public Swim
12:00 - 12:30pm	Tot Lessons	3:30 - 4:30pm	Youth Lessons

Sunday

11:00 - 12:30pm	Youth Lessons	1:30 - 2:30pm	Family Swim (\$1ea)
12:00 - 1:30pm	Lap & Senior Swim	2:30 - 4:30pm	Public Swim

14 Community Phone List

RECREATION INFORMATION

Public Information	684-4075
Compliments/Concerns	684-4837
Picnic Scheduling	684-8021
Field/Tennis Court Scheduling	684-4077
Group Field/Tennis Ct Scheduling	684-4082
Field Rainout Hotline	233-0055
Teen TREC Program	684-7097
Citywide Teen Program Advocate	684-7136
Environmental Stewardship	733-9701

COMMUNITY SERVICES

Rainier Chamber of Commerce	725-2010
SE Neighborhood Service Center	386-1931
Police - Southeast Precinct	386-1850
Police - Non-Emergency	625-5011
Metro Transit Rider Info	553-3000

SCHOOL INFORMATION

African American Academy	252-6650
Dearborn Park	252-6930
Hawthorne	252-7210
Asa Mercer	252-8000
John Muir	252-7400
St. Edwards	725-1774
Aki Kurose	252-7700
Thurgood Marshall	252-2800
Whitworth	252-7560
Transportation	252-0900

SENIORS INFORMATION

Citywide Senior Adult Programs	684-4664
Southeast Sector Senior Programs	684-7484

SPECIAL INTERESTS

Aquarium	386-4320
Woodland Park Zoo	684-4800
Green Lake Small Craft Center	684-4074
Mt. Baker Rowing & Sailing Ctr.	386-1913
Day Break Star Cultural Center	285-4425
Volunteer Park Conservatory	684-4734
Camp Long	684-7434
Carkeek Park	684-0877
Discovery Park	386-4236
Seward Park Environ. Center	684-4396

COMMUNITY CENTERS

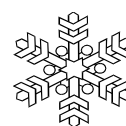
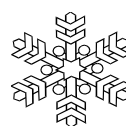
Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Garfield	684-4788
Green Lake	684-0780
Hiawatha	684-7441
High Point	684-7422
Jefferson	684-7481
Langston Hughes	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Queen Anne	386-4240
Rainier	386-1919
Rainier Beach	386-1925
Ravenna-Eckstein	684-7534
Southwest	684-7438
South Park	684-7451
Van Asselt	386-1921
Yesler	386-1245

SWIMMING POOLS

Ballard Pool	684-4094
Colman Pool (summer only)	684-7494
Evans Pool	684-4961
Madison Pool	684-4979
Meadowbrook Pool	684-4989
Medgar Evers Pool	684-4766
Mounger Pool (summer only)	684-4708
Queen Anne Aquatics	386-4282
Rainier Beach Pool	386-1944
Southwest Pool	684-7440

SPORTS INFORMATION

Citywide Youth Athletics	684-7091
Citywide Adult Athletics	684-7092
Field/Tennis Court Scheduling	684-4077
Group Field/Tennis Ct Scheduling	684-4082
Amy Yee Tennis Center	684-4764



Customer Services Unit (CSU)

For information about Parks and Recreation facilities, recreational programs or scheduling anywhere in the City please call the customer service unit at 684-4075. For additional information about Senior Adult Programs call 684-4951 and for Specialized programs for children, youth and adults of special populations please call 684-4950.



Anti-Discrimination

As a matter of policy, law, and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap. (S.M.C. 18.12.280)

ADA Compliance



(American Disabilities Act)

Reasonable accommodation will be made on request for persons with disabilities.

For sign language interpretation, auxiliary aids or other accommodation, call 386-1921 or TDD only 233-7061. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in

Rainier Advisory Council

We are looking for citizens in our community to join our advisory council. We are looking for positive and creative thinkers that can have an impact in our community. Our goal is to create scholarship opportunities for the low income through grant writing and other fundraising activities. For more information please call Naseri Kitiona, Jr. at 386-1919.

The staff at Rainier Community Center are pleased to serve you. We welcome comments and suggestions about what we can do to improve your Community Center.

Professional Staff:

Naseri Kitiona, Jr. -
Acting Rec. Center Coordinator
Martha Winther -
Assistant Rec. Center Coordinator
Michele Parker -
Maintenance Laborer
Jimmie Daniel -
Recreation Attendant
Nanette Fuerte -
Teen Leader
Moshe Hecht -
Late Night Specialist
Carolyn "Zoom" Piksa -
Sports Recreation Leader
George Yasutake -
Pre-Teen Leader

Recreation Leaders

Glenn Hubbard
William Hopson
Jerry Lyons
Shauntell Marks
William Petty

Management Staff:

Ken Bounds -
Superintendent
Christopher Williams -
Parks & Recreation Operations Director
Cheryl Fraser -
South East Sector Recreation Manager



Registration Form

Rainier Community Center

Please fill out the form completely and return it with payment to:

4600 - 38th Ave S, Seattle, WA 98118



For Additional Information call 386-1919 - No additional confirmation will be sent, please refer to the program brochure for start date and times

Payee Information						
Name				Relationship to Participant		
Address			City		Zip	
Home Phone			Other Phone			
Work Phone			e-mail address			

Method of Payment						
Check		Type of Card (circle one)	Visa	MasterCard	Am. Express	Debit Card
Cash		Credit Card Number				
Credit Card		Expiration Date				

General Waiver

☐ Yes, the following registered participant(s) may be photographed for use in Rainier Community Center publications. I hereby give my consent for the below named participant(s) to participate in the program(s) listed below being conducted or co-sponsored by the Seattle Department of Parks and Recreation and Rainier Advisory Council and declare that I will not hold the City of Seattle, Seattle Department of Parks and Recreation, Rainier Advisory Council or any of their employees or volunteers responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Participant Registration

Class Title	Day (s)	Time	Fee	Participants First & Last Name	Birth Date	Sex

Complete the credit card payment information or make checks payable to

Rainier Advisory Council #120 and mail to:

Rainier Community Center, 4600 - 38th Ave S, Seattle, WA 98118